

General Rules - The Green Wheel Relay (2026)

The Event

1. The Green Wheel Relay (GWR) will take place annually in June, staged under the auspices of Eye Community Runners (ECR) with day-to-day management vested in the Race Director. The event will be permitted by and staged under the rules of the Association of Running Clubs (ARC).
2. Starting and finishing at the Athletics Arena, Bishops Road, Peterborough, the race follows a multi-terrain course of approximately 50 miles, generally along a route following the Peterborough Millennium Green Wheel which is a 50 mile (80km) network of footpaths, cycle ways and bridleways. Designed as part of a sustainable transport system for the city, it was created as part of a Millennium project around Peterborough. The course, including each of the 7 component stages, will have been measured by Garmin watch GPS.
3. It is a club/team responsibility to ensure their runners and supporters are aware of the general rules and safety rules.

Team Composition

4. Each team, regardless of class, will consist of at least 4 runners. No runner is permitted to run more than 2 legs. Within the race there will be Six team classes: Mens – Seniors & Veterans, Women's – Seniors & Veterans, Mixed & Open. The criteria for each class are as follows:
 - Mens & Ladies Seniors - must be made up of all male or females
 - Mens & Ladies Veterans - must be made up of all male or female (men aged 40 and above and women 35 and above on race day).
 - Mixed - must comprise a minimum of 3 females.
 - Open - the composition is unrestricted.
5. Where a team is registered under a club name, the club must be affiliated with either England Athletics or the Association of Running Clubs. Runners must be members of the club they are representing, and club vests must be worn. The club need not be their first claim club, although permission must be sought from the first claim club
6. Teams are permitted to be made up from a mixture of clubs and/or unaffiliated runners although permission must be sought from the first claim club. Teams should be recognisable as being a member of the team they are representing. E.G. A common top.
7. A runner may only run two stages in one team and not any other stages for a different team.
8. Juniors under the age of 15 (on race day) are not permitted to run in the event. Following UKA rules, athletes aged 15 may run leg 2 or leg 5, athletes aged 16 and over may run any stage.

Entry Procedure

9. The capacity of the race will be determined based on safety considerations and announced before the entry opens, usually 1st February.
10. An entry will only be deemed to have been received / accepted when full payment of the entry fee has been made.
11. Withdrawals. If for any reason a club decides to withdraw their entry, no refund of the entry fee will be given within 3 months of the date of the race. Any club withdrawing before the 3-month period will be required to pay 20% of the entry fee to cover administrative costs.

Declarations and Start Times

12. Teams are required to make two declarations, notifying their runners, prior to the race. These are called the Preliminary and Final declaration.
13. A Preliminary Declaration form will be made available on the website before the event. This MUST include an estimated running time which will be used to determine the team's start time and for the award of the time estimate prize. The Preliminary Declaration can be amended as required but the last version, which should be as complete as possible, must be submitted by the end of Tuesday before the event weekend (effectively at least four days before the event). At this point the time estimate, and the allocated start time are fixed and cannot be changed.
14. Time Estimates. It is the duty of each team manager to ensure their team's running time estimate is as accurate as possible. If any teams arrive before 1:30pm at the end of Stage 5, (Alwalton to Haddon) the GWR reserves the right to hold those teams until 1:30pm.
15. A Final Declaration must be made at least 30 minutes before a team's allocated start time. Previously submitted Preliminary Declaration details may be changed with the exception of the time estimate (see 12). Once the Final Declaration has been made no changes are permitted to any element of the declaration, including those named or to the stages they have been nominated to run. Disqualification will result if this rule is infringed.

Submission

16. Teams starting at or before 8am must make a final declaration on the Saturday. This may be by phone, text or email before 6pm to the Race Director.
17. Teams starting after 8am may declare on Saturday or at least 30 minutes before scheduled start time on the event day.
18. In the case of teams declaring on Saturday, the 30-minute rule (see 14) shall still apply if late team changes are required.
19. A club/team shall be held responsible for the accuracy of the information in the Final declaration.
20. A team's start time is based on all teams finishing at 4pm Sunday. The earliest start time is 7:45am in the morning. This means that teams will be expected to complete the

course in a maximum running time of 8 hrs 45 mins (10 mins 38 secs per mile). No estimate of a team's running time more than 8 hrs. 45 mins will be accepted. Prize-giving will be held at 4:30pm.

Pacing

21. Pacing is not allowed during the race. Cycling alongside or ahead of a runner constitutes pacing.

Escorts

22. Runners may be accompanied by another runner during the off-road elements of Stages 1, 3 & 7. This will be reviewed by the Race Director in the case of a blind or deaf runner. This rule does not preclude support elements from passing drinks or directions etc, to a runner.
23. Runners **MUST** be accompanied on all stages of the event, by 'bike support' that must be contactable via mobile. Support cyclists must wear a hi visibility vest compliant with EN471 regulations and must have a First Aid Kit and water available. NB. Motorcycles may not be used as escorting vehicles (see Safety Rules). Cycle support should maintain a suitable distance behind the runner.

Route

24. It is a team responsibility to get runners to/from changeover points.
25. Route finding is a team responsibility. The designated course, as detailed on the website, is to be followed at all times. Fluorescent directional signs will be used to sign the course as required.
26. During the event should an emergency make it essential to alter the route, the organisers reserve the right to do so without warning. Arrangements will be made to inform teams of changes by using a text message.

Loudspeakers

27. The use of loudspeakers/loudhailers at any time during the race is prohibited.

Runners and Cyclist Safety

28. Runners and cyclists must be able to clearly always hear instructions and in accordance with England Athletics and Association of Running Clubs rules may only wear Bone Conducting earphones. In ear, can style headphones or similar are not allowed and any runner / cyclist wearing these will be disqualified
29. Dogs are not permitted to accompany runners during the race.

Timekeeping

30. In the event of a runner starting but for whatever reason being unable to complete a stage, a predetermined time penalty will be applied by taking the previous year's slowest running time over the stage, regardless of category, plus 5 minutes.
31. Where a runner fails to start a stage, for whatever reason, the previous year's slowest time over the stage, regardless of category, plus 10 minutes will be applied.
32. After an individual default, teams are free to start the next stage as soon as they are ready. The start time of the next stage will be zero and the timer(s) must be reset to zero.
33. A team is allowed to default on up to three stages, after which they will be disqualified. In this case, individuals in that team who have successfully completed a stage, prior to disqualification, will be eligible for stage awards.
34. Not ready to start: Where a runner is not in position for a take-over, any time delay is to be added to the receiving not the incoming runner. The finishing time for the incoming runner ends when he/she is level with the stage sign.
35. Runners of stages 6 and 7 may be asked to start before the incoming runner has checked in. This is to ensure that teams complete the course within the required timeframe.

Infringements

36. Where a team or individual is considered to have infringed the general rules or safety rules of the race. This will be notified, at the time, to the person or team that has infringed the rule and subsequently either directly or on the telephone to the team captain by the Race Director. A serious infringement of the rules or safety conditions could result in immediate disqualification.
37. Times posted by individuals running for the disqualified team prior to disqualification will remain eligible for individual stage awards/records.

Objections and Protests

38. Any protest or objection against the qualification to compete, or the statements on the entry form of another competitor, team or club, or of the results of the event shall be made to the Race Director in the manner described below. When practical, such protest or objection should be made before the date of the race, on the day of the race or no later than 7 days after the date of the race.
39. Every protest or objection shall be made in writing (including email), accompanied by a deposit of £10.00, and be forwarded to the Race Director. If, after investigation, the protest or objection appears not to have been made on reasonable grounds, the deposit shall be forfeited to the Green Wheel Relay account. The name of the person/club

making a protest will, on request, be made known to the person/club/team against whom the protest is directed.

40. The Race Director shall rule upon the protest or objection and his decision shall be final. If the protest or objection will have a bearing on a prize/s, they will be withheld until the matter has been resolved.

Prizes

<u>Individuals:</u>	<u>Prize</u>
Each competitor	Bottle of Beer
<u>Team:</u>	<u>Prize</u>
Male Senior 1st	Engraved award
Female Senior 1st	Engraved award
Male Veteran 1st	Engraved award
Female Veteran 1st	Engraved award
Mixed Class 1st	Engraved award
Open Class 1 st	Engraved award